



Ten Ways to Get Kids to Drink More 1% or Fat-free Milk

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Children imitate their parents and caregivers. Reach for 1% milk and your kids will too.

Make it Stick

Using cow stickers, have your child chart his or her servings of 1% or fat-free milk each day (goal at least 2 1-cup servings/day). Continue for several weeks to develop a healthy habit.

Sneak it in

Add 1% or fat-free milk instead of water when making oatmeal, hot chocolate, pancakes and soups. Your children will love the taste, and you'll love the nutrition they get.

Fuel Stop

When afternoon play calls for a snack break, fuel up with 1% or fat-free milk.

Work/School Days

Encourage your child's caregiver to choose 1% or fat-free milk for kids over age 2.



Fancy Fun

Make milk-drinking special by serving 1% or fat-free milk in a fun glass with a colorful straw that bends and wiggles.

Shake it Up

Team 1% or fat-free milk with fruit and crushed ice in the blender to create a tasty smoothie. Experiment by adding yogurt or frozen yogurt.

Fun with Flavors

Stock up on syrups like chocolate, strawberry or butterscotch and let kids swirl their favorite into a glass of 1% or fat-free milk at mealtime.

Milk with Meals

Make milk your usual mealtime beverage. Moms can feel better about even the pickiest eaters when children drink milk with meals.

On the Go

The next time you make a fast food pick-up, order nutrient-packed 1% or fat-free milk instead of soft drinks. Increase the value of kid's meals by substituting milk.